



Lighten Up! News

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Healthy Utah

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Ancient Secrets

If you want to live a long, healthy life, follow the dietary guidelines of the Okinawan people.

Reliable statistics have shown that the Okinawans are the longest living, documented society in the world. The life expectancy of women is a remarkable healthy **85 years**, and for men it is **77 years**. Among all of the Japanese, Okinawans are the longest-lived and the least likely to get cardiovascular disease or different types of cancers.

These island inhabitants' dietary habits have been studied now for 25 years and some clues on how they live such long, healthy lives are appearing. To nutrition authorities content, the habits are consistent with what they have been telling us all along. A lower calorie, low-fat, plant-based, complex carbohydrate-rich diet is the key to maximizing life expectancy and minimizing the risk for the debilitating diseases of aging.

To eat like an Okinawan, try the following:

Calorie Control:

One of the most important premises of the Okinawan diet philosophy is that they do not overeat or stuff themselves. In

fact, they always stop eating when they are 80% full. The theory controls overall calories.


Portion Control:


Okinawans eat portion sizes that are considered a recommended serving size. Americans need to relearn what those are and practice portion control which in turn also controls overall calorie intake.

Serving Sizes

Breads, pasta, cereal, rice:

1 slice bread, 1/2 cup pasta, 1/3 cup rice, about 1/2 cup cereal or follow serving size of cereal according to its label

 **Fruits:** 1/2 cup fruit or 1 small (fist size) piece of fruit

 **Vegetables:** 1/2 cup chopped cooked or raw, non-leafy vegetables and 1 cup leafy vegetables

Meat: 3 oz. meat (a deck of cards or palm or your hand). The American Heart Association recommends a maximum of 6 oz. a day.

Dairy: 8 oz. milk (1% or skim milk), 1 oz. cheese (the size of your thumb), 8 oz. low-fat yogurt

Major Nutrients:

A high complex-carbohydrate intake of 55-60% of calories from vegetables and whole grains; a moderate protein intake of 19-20% of daily calories, emphasizing vegetable protein (mostly from beans and soy products), and a low-fat intake (26% of daily calories) with very little from saturated fat (animal products) and most from monounsaturated oils such as canola/soy blend.

Phytochemicals:

Okinawans consume a great amount of phytochemicals which have been shown to decrease one's risk of certain types of cancers and potentially heart disease with their plant-based diet.

The ancient secrets of the longest living society should be learned and practiced by one of the world's least healthy society, America.

*Adapted from:
Naples Daily News*



Tip of the Quarter

The Virtual Grocery Store

For those wanting to learn how to grocery shop in a healthier manner, the **Virtual Grocery Store** has been created. The **American Diabetes Association** now provides information on food labels, meal planning, a virtual shopping list, ideas on how to prepare healthy and quick meals as well as some wonderful recipes. To tap into this information on the web, go to



www.diabetes.org/vgs/homepage.jsp

Ask the R.D.

I have recently heard that margarine is bad for you because it is high in hydrogenated oil. Is this true and should I choose butter over margarine?

Most margarines are made with partially hydrogenated oil (also known as a trans fat). A diet high in partially hydrogenated oil has been strongly correlated to heart disease. Partially hydrogenated oils are produced when liquid oil is made into a solid at room temperature. The National Institute of Medicine issued a report last year revealing that there is no safe level of trans fat in the diet and urged people to reduce their consumption of it as much as possible. At this point in time, consumers only know that a product has partially hydrogenated oil (trans

fat), they do not know how much it has because producers are not required to display that fact on the label. The FDA announced that it would be requiring food manufacturers to label the amount of trans fat on their labels in the future. The primary reason for requiring labeling is because the FDA estimated that listing trans fat on food labels would save between 2,000 and 5,600 lives a year as people either chose healthier foods or manufacturers improve their recipes to leave out this fat. Therefore, if you enjoy the taste of butter over margarine, choose the butter (in moderation, of course).

Laugh A Little, Will Ya?

United States workers pop about 15 tons of aspirin every day. One out of every four workers suffers from anxiety related illness, and companies end up spending more money than they care to toward employee health costs, which are brought on by stress.

The bottom line is that companies have to loosen up a little. Employees and managers who learn to laugh together learn to bond together, and in the end, it helps everybody in the office. This bonding process can assist in improving better communication. Because **80% of conflict in the office is the direct result of lousy communication**, employee and employer attitudes as well as overall business will improve with a few jokes.

THE BOSS

A woman goes into a pet shop to buy a parrot. The shop owner points to three identical looking parrots on a perch and says, "The parrot on the left costs 500 dollars."

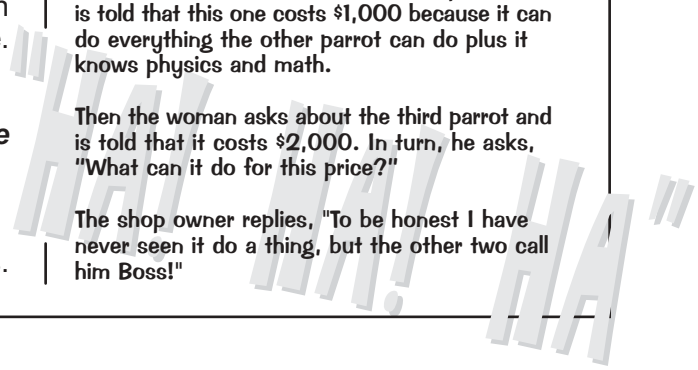
"Why does the parrot cost so much?" asks the woman.

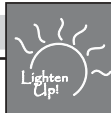
The shop owner says, "Well, the parrot knows how to use a computer."

The woman then asks about the next parrot and is told that this one costs \$1,000 because it can do everything the other parrot can do plus it knows physics and math.

Then the woman asks about the third parrot and is told that it costs \$2,000. In turn, he asks, "What can it do for this price?"

The shop owner replies, "To be honest I have never seen it do a thing, but the other two call him Boss!"





Recipes

Spring is prime time for asparagus. Try the two recipes for asparagus below to help increase your fiber and potassium intake.

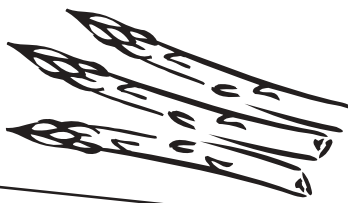
Luscious Asparagus

Ingredients

1 lb. Asparagus
1-2 Tablespoons olive oil
Toasted sesame seeds

Directions

1. Coat a pound of asparagus with a tablespoon or two of olive oil.
2. Sprinkle with toasted sesame seeds and roast at 450 degrees F. for about 10 minutes or until tender.
3. Drizzle with the juice of half a lemon.



Steamed Salmon with Walnut Vinaigrette

Ingredients

4 salmon fillets (about 3 oz. each)
1 1/3 pounds small red potatoes, quartered
1 pound asparagus, trimmed

1 cup low-fat honey-Dijon mustard vinaigrette
1/2 cup finely chopped walnuts

Directions

You will need to steam the salmon, potatoes and asparagus each for 15 minutes. Therefore, if you have a three-tier bamboo steamer or three pots and pans, you can use them to boil the three different ingredients. The fish should be boiled until it is opaque throughout and the asparagus and potatoes are tender. Meanwhile, in a small saucepan, combine the Dijon mustard vinaigrette and nuts; cook, stirring, over medium heat until the sauce is heated through.

Arrange the salmon, potatoes, and asparagus on a platter and serve the sauce alongside.

Makes 4 servings

Per Serving: 500 calories, 55 g carbohydrate, 17 g total fat, 5 g fiber

Tip of the Quarter

Words of Inspiration

Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work.

—HL Hunt

I chose and my world was shaken. So what? The choice may have been mistaken; the choosing was not. You have to move on.

—Stephen
Sondheim



National Health Observances in May

May seems to be THE MONTH for National Health Observance Days, so be sure to check out additional information available on the web:

* National Employee Health & Fitness Day and
* Senior Health & Fitness Day
www.fitnessday.com

* National Bike to Work Week
www.bikeleague.org

* National Running & Fitness Week
www.americanrunning.org

* National Arthritis Month
www.arthritis.org

* National High Blood Pressure Month Education Month
www.nhlbi.nih.gov

* National Stroke Awareness Month
www.stroke.org or
www.americanheart.org

MAY 2003						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Arthritis Month				1	2	3 * Arthritis Walk www.arthritis.org
National High Blood Pressure Education Month				8	9	10 * Race for the Cure 5K Run & Walk www.komensale.org
National Mental Health Month				15	16	17
4	5	6	7			
11 * Mother's Day	12 * Bike to Work Week	13	14			
18	19	20	21 * Nat'l Employee Health & Fitness Day	22	23	24
25	26 * Memorial Day	27	28 * Nat'l Senior Health & Fitness Day	29 * World No Tobacco Day	30	31 * Tour de Cure (cervina) www.diabetes.org/tour

RETURN SERVICE REQUESTED

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EXERCISE YOUR MIND AND BODY



HEALTHY UTAH